

# Stepping forward

Jan – June 2018



'I had a knee operation and so joined the shorter walks until I was strong enough for the longer walks again. It made a real difference.'

Pauline, Walker

'My choice is either stay at home and do the ironing or come out and walk. So here I am!'

John, Walker



'Meeting so many new people, discovering previously unknown footpaths in our wonderful region, was one of the best decisions I've made post-working life.'

Terry, Volunteer Walk Leader

For further information visit: [www.southglos.gov.uk/walking](http://www.southglos.gov.uk/walking)  
Please see the front of this leaflet for the **Walking for Health** programme of **shorter walks**.

# Welcome to the Stepping Forward programme for January to June 2018

**Welcome to the Stepping Forward Programme January to July 2018 – as always there is a fantastic selection of walks on offer. All these walks are perfect for people who prefer something slightly longer and more strenuous than our Walking for Health walks. Most of are between three and four miles so take between ninety minutes and two hours.**

I want to say a huge thank you to all our dedicated leaders, for their hard work in bringing this programme together, and of course for all the wonderful walks they lead. I'm so pleased that we've been joined by four new leaders over the past few months, so a massive thank you to Chris, Mary, Sue, Terry and David, it's lovely to have you all as part of the team!

Our Stepping Forward walk leaders are all trained to be aware of hazards and to keep an eye on the pace and needs of the whole group, but please do be aware that you walk at your own risk.

As we always looking for more volunteers – this doesn't have to mean leading the walks, it can be walk leader assistants, admin, route planning, updating risk assessments, help with teas and coffees, booking venues. Training is free, informal and friendly. If you think you might be able to spare a few hours each programme to be part of a hugely rewarding and positive project then please contact me on 07766 780087.

To try and reduce the amount that we all drive to the walks, I have included bus routes in the programme, where possible. However they are subject to changes, so please do check before setting out. Many of the walks have limited parking so it would be great if people could lift share when you can. Save the planet, money and a chance to chat even more with someone from your community. Its win, win, win.

**Please note all walks are at the leaders' discretion on the day.**

*Happy walking*

*Christina*

## **! ALL WALKERS WALK AT THEIR OWN RISK**

During the briefing at the start of each walk potential hazards are highlighted. We would very grateful if walkers could pay particular attention to the briefing for their own safety and the safety of others.

Filton and Sodbury, Yate, Dodington groups have a mobile phone so you can contact them if needed. Please only ring to check a walk is happening due to weather or if you require more details. There's no need to let organisers know if you can't make it.

### FPS

Filton/Patchway/Stokes

07724 627107

### SYD

Sodbury/Yate/Dodington

07724 627104

For information about the key symbols, please see the front of our Walking For Health programme – this will tell you whether to expect stiles, muddy ground or inclines. There is usually somewhere to go for refreshments after the walk. Dogs are welcome unless otherwise stated, but please do keep them on a lead. Our walk leaders are fully trained and insured, but you do walk at your own risk.

### FC



## Wednesday 3 January

### Ram Hill Lanes, tracks and lake

3.5 miles

10.30am

Miners Village Hall, Badminton Rd, Coalpit Heath BS36 2QB. Park on right in car park – or side roads if not using hall.

46, 47, X47, 86, 202 (5 min walk)

*Pretty paths, country lanes and Dramway. Buggy diversion to avoid stile.*

### T



## Friday 5 January

### Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL. Parking available in pub car park.

77, 78, 79, 622,

*Teas and refreshments available after the walk.*

### FPS



## Monday 8 January

### Severn Beach

4 miles

11am

Shops on Beach Road, Severn Beach BS35 4PQ

623 (M, W & F) 625

*Includes parts of the Severn Way.*

SYD



## Friday 12 January

3 - 4 miles

10.30am

Shire Way Community Centre,  
Shire Way, Yate, BS37 8YS.  
Centre has its own car park.

47, X47, 680

*Please remove muddy shoes after walk as the hall is carpeted.*

T



## Friday 12 January Tytherington

4 miles

11am

The Swan Inn at Tytherington,  
Duck Street, GL12 8QB

622

*Teas and refreshments available after the walk.*

FPS



## Monday 15 January Harry Gifford

3.6 miles

11am

Sainsbury's Car Park, Fox Den Road  
Stoke Gifford, BS34 8SS

18, 19, 19A 73, 77, 625

*Around Stoke Gifford and Harry Stoke, incorporating footpaths, quiet residential streets and fields.*

SYD



## Friday 19 January

3 - 4 miles

10.30am

Chipping Sodbury RFC, The Ridings,  
Wickwar Road, BS37 6BQ

47, X47, 84, 85, 202, (5 min walk)

T



## Friday 19 January Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,  
Alveston Hill, BS35 3JB

77, 78, 79, 622

FPS



## Monday 22 January Patchway to Almondsbury via Cattybrook

3.5 miles

11am

Coniston Community Centre,  
Coniston Rd, BS34 5LP

75, 625

*An energetic walk with lovely views.*

**FC**

## Tuesday 23 January

### To Iron Acton Village

**3.5 miles****10.30am**

Opposite Ginger Bread Man Café,  
Church Rd, Frampton Cotterell BS36  
2JX - Park in Frampton End Road

**Bus 82, 46 & 202 (5 min walk)**

*Attractive fields, woods and country lanes.*

**T**

## Friday 26 January

### Alveston

**4 miles****11am**

Outside The Ship Inn, Thornbury Rd,  
Alveston, BS35 3LL.  
Parking available in pub car park.

**Bus 77, 78, 79, 622,**

*Teas and refreshments available after  
the walk.*

**FPS**

## Monday 29 January

### River Frome to Eastville Park

**3 miles****11am**

Snuff Mills Car Park, River View,  
off Broomhill Road, Stapleton BS16 1DL

**Bus 5, 46, 48A, 626**

*A circular walk through Frenchay and  
Snuff Mills*

**SYD**

## Friday 2 February

**4 miles****10.30am**

The Fox, Broad Lane, Yate, BS37 7LD

**Bus 623 (M, W, F) 625****T**

## Friday 2 February

### Oldbury on Severn

**4 miles****11am**

The Anchor Inn, Church Road,  
Oldbury on Severn, BS35 1QA

*Teas and refreshments available after  
the walk.*

**FPS**

## Monday 5 February

### Sims Hill and Purdown

**3.5 miles****11am**

Sainsbury's Car Park, Fox Den Road  
Stoke Gifford, BS34 8SS

**Bus 18, 19, 19A 73, 77, 625**

*A walk through Sims Hill Woods to  
Stoke Park and back via Hermitage  
and Barn Woods.*

FC



## Wednesday 7 February Frampton Wander

3 miles

10.30am

Opposite Ginger Bread Man Café,  
Church Rd, Frampton Cotterell BS36  
2JX - Park in Frampton End Road

**82, 46 & 202 (5 min walk)**

*Interesting meander in historical village  
back lanes - optional steps.*

SYD



## Friday 9 February

3 - 4 miles

10.30am

Brimsham Park PH, Lark Rise,  
Yate BS37 7PJ

**46, X46**

T



## Friday 9 February Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,  
Alveston Hill, BS35 3JB

**77, 78, 79, 622**

FPS



## Monday 12 February Bradley Stoke Circuit

3.5 miles

11am

Bradley Stoke Leisure Centre,  
Fiddlers Wood Lane, BS32 9BS

**3B 73**

*A flat circular walk around the Three  
Brooks Nature reserve and Patchway  
Common using defined paths.*

T



## Friday 16 February Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,  
Alveston, BS35 3LL.

Parking available in pub car park.

**77, 78, 79, 622,**

*Teas and refreshments available after  
the walk.*



FPS



## Monday 19 February Three Stokes Park

3.6 miles

11am

Little Stoke Community Hall,  
Little Stoke Lane, BS34 6HR

**19, 19A, 82, 625**

*Taking in parks and green areas around the Stokes. Mostly on flat surfaces.*

FC



## Tuesday 20 February Crocus and Blackberry Brake

3.1 miles

10.30am

Miners Village Hall, Badminton Rd,  
Coalpit Heath BS36 2QB Park on right in  
car park – or side roads if not using hall.

**46, 47, X47, 86, 202 (5 min walk)**

*Attractive fields, pretty ponds,  
country lanes.*

SYD



## Friday 23 February

3 - 4 miles

10.30am

Westerleigh Village Hall, Shorthill Road,  
Westerleigh BS37 8QN

**620**

T



## Friday 23 February Littleton-on-Severn

4 miles

11am

Outside The White Hart PH, The Village,  
Littleton-on-Severn, BS35 1NR

*Teas and refreshments available after  
the walk.*

FPS



## Monday 26 February Patchway to Over

2.5 miles

11am

Coniston Community Centre,  
Coniston Road, BS34 5LP

**75, 625**

*A circular walk around Patchway.*

SYD



## Friday 2 March

4 miles

10.30am

The Rose and Crown, Wotton Road,  
Rangeworthy BS37 7NB

**X46, 622**

---

**T**

## Friday 2 March

### Old Down

4 miles

11am

Old Down Cricket Club,  
Olveston Sports and Social Club,  
Alveston Road, Old Down BS32

**622**

---

**FPS**

## Monday 5 March

### Stoke Gifford Old and New

3.5 miles

11am

St Michael's Green, Stoke Gifford,  
BS34 8PD

**10, 19, 19A 73, 77, 82, 625**

*A walk around the old and new parts  
of Stoke Gifford via quiet streets and  
some fields.*

---

**FC**

## Wednesday 7 March

### Tubb's Bottom

4 miles

10.30am

Opposite Ginger Bread Man Café,  
Church Rd, Frampton Cotterell  
BS36 2JX - Park in side road.

**82, 46 & 202 (5 min walk)**

*Delightful walk, includes fields and  
River Frome beside Chill Wood*

---

**T**

## Friday 9 March

### Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,  
Alveston Hill, BS35 3JB

**77, 78, 79, 622**

---

**FPS**

## Monday 12 March

### Frenchay and Snuff Mills Circuit

4 miles

11am

Snuff Mills car Park, River View,  
off Broomhill Road, Stapleton BS16 1DL

**5, 46, 48A, 626**

*A circular walk through Frenchay  
returning via Snuff Mills.*

---

**SYD**

## Friday 16 March

4 miles

10.30am

Chipping Sodbury RFC, The Ridings,  
Wickwar Road, BS37 6BQ

**47, X47, 84, 85, 202, (5 min walk)**



**T**

## Friday 16 March Oldbury on Severn

**4 miles****11am**

The Anchor Inn, Church Road,  
Oldbury on Severn, BS35 1QA

**no service**

*Teas and refreshments available after  
the walk*

**FPS**

## Monday 19 March Blaise Castle

**3.5 miles****11am**

Main car park off Kings Weston Road,  
Lawrence Weston, BS10 7QS

**3, 4,**

*Walk through the beautiful grounds of  
the estate.*

**FC**

## Tuesday 20 March Daffodils beside the Frome

**3.6 miles****10.30am**

St Peter's Church, Church Rd,  
Frampton Cotterell BS36 2AB - Park in  
Mill Lane (when full, use pub car park).

**46, 82, 202**

*Enjoyable Frome Valley Walkway.  
Mostly flat - Coffee and Cake £1.50*

**SYD**

## Friday 23 March

**3 - 4 miles****10.30am**

The Codrington Arms 261 North Road  
Yate BS37 7LG

**622, X46 (5 min walk)****T**

## Friday 23 March Tytherington

**4 miles****11am**

The Swan Inn at Tytherington,  
Duck Street, GL12 8QB

**622**

*Teas and refreshments available after  
the walk.*

**FPS**

## Monday 26 March Harry Stoke

**3.5 miles****11am**

Sainsbury's car park, Fox Den Road,  
Stoke Gifford, BS34 8SS

**18, 19, 19A 73, 77, 625**

*A circular walk through the hidden  
parts of Harry Stoke.*

*Good Friday - No walks*

FPS



## Monday 2 April

### Bradley Stoke Wander

4 miles

11am

Opposite the bus stop outside of Domino's, The Willow Brook Centre (Tesco) Savages Wood Road, Bradley Stoke, BS32 8BS

**73, 77**

*A longer walk around the Three Brooks Nature Reserve with great views from the tumps.*

T



## Friday 6 April

### Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL. Parking available in pub car park.

**77, 78, 79, 622,**

*Teas and refreshments available after the walk.*

FPS



## Monday 9 April

### Patchway to Almondsbury Tumps

3.5 miles

11am

Coniston Community Centre,  
Coniston Rd, BS34 5LP

**75, 625**

*A walk to Almondsbury Tumps and back, via Pegwell Woods, with lovely views.*

FC



## Wednesday 11 April

### Pye Corner and Bradley Brook

3 miles

10.30am

Golden Heart, Down Road, off A432 at Kendleshire BS36 1AU - park at bottom of pub car park.

**47, X47**

*Varied scenery in wooded Frome Valley, pretty lanes and fields.*

SYD



## Friday 13 April

3 - 4 miles

10.30am

Brimsham Park PH Lark Rise Yate  
BS37 7PJ (Millside).

**46, X46**

---

**T**

## Friday 13 April

### Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,  
Alveston Hill, BS35 3JB

77, 78, 79, 622

---

**FPS**

## Monday 16 April

### Easter Compton and Pilning

4 miles

11am

Easter Compton Farm Shop,  
Main Road, Easter Compton, BS35 5RE

623 (M, W, F) 625

*A walk through Easter Compton and  
Pilning using quiet lanes, bridle paths  
and fields.*

---

**SYD**

## Friday 20 April

3 - 4 miles

10.30am

Chipping Sodbury RFC, The Ridings,  
Wickwar Road, BS37 6BQ

47, X47, 84, 85, 202, (5 min walk)

---

**T**

## Friday 20 April

### Old Down

4 miles

11am

Old Down Cricket Club,  
Olveston Sports and Social Club,  
Alveston Road, Old Down BS32

622

---

**FPS**

## Monday 23 April

### Through the Woods

3.5 miles

11am

Sainsbury's superstore car park,  
Fox Den Road, Stoke Gifford, BS34 8SS

18, 19, 19A 73, 77, 625

*Following the UWE path through Long  
and Hermitage Woods, exploring  
Purdown and Duchess Pond en route.*



---

**FC**

## Tuesday 24 April

### Frog Lane and Blue Bell Woods

**3.5 miles****10.30am**

Badminton Arms, Badminton Road  
Coalpit Health BS36 2KJ.  
Park in Woodside Rd if not using pub.

** 46, 47, 86, 202**

*Rural walk includes picturesque old railway track. Please NO DOGS due to cattle*

---

**T**

## Friday 27 April

### Littleton-on-Severn

**4 miles****11am**

Outside The White Hart PH, The Village,  
Littleton-on-Severn, BS35 1NR

*Teas and refreshments available after the walk.*

---

**FPS**

## Monday 30 April

### Ellens Wood

**3 miles****11am**

Lower Knowle Farmyard, Monmouth Hill,  
Lower Almondsbury, BS32 4ES  
(the farmyard is easy to miss but is close to some large conifers).

** none**

*A circular walk through Ellen's Wood, parts of Lower Almondsbury and Catbrain Wood. (Includes a steep section.)*

---

**SYD**

## Friday 4 May

**3 miles approx****10.30am**

Shire Way Community Centre,  
Shire Way, Yate, BS37 8YS.  
Centre has its own car park.

** 47, X47, 680**

*Please remove muddy shoes after walk as the hall is carpeted.*



**T**

## Friday 4 May

### Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL.

Parking available in pub car park.

77, 78, 79, 622,

*Teas and refreshments available after the walk.*

**FPS**

## Monday 7 May

### MOD to Purdown

4.6 miles

11am

Sainsbury's Car Park, Fox Den Road Stoke Gifford, BS34 8SS

18, 19, 19A 73, 77, 625

*A flat, circular walk around Abbey Wood to the telecomms tower and gun positions at Purdown. Great views of Bristol.*

**FC**

## Wednesday 9 May

### Nightingale to Huckford

4 miles

10.30am

Live & Let Live, Park Lane, Frampton Cotterell BS36 2EF

46, 82, 202

*Popular section of Frome Valley Walkway. Steep steps. Please NO DOGS due to cattle*

**SYD**

## Friday 11 May

4 miles

10.30am

The Fox, Broad Lane, Yate, BS37 7LD

623 (M, W, F) 625

**T**

## Friday 11 May

### Tortworth

4 miles

11am

Tortworth Farm Shop, Box Walk, Wotton-Under-Edge GL12 8HF (please park in carpark on right before shop carpark).

60, 84, 85, 626 (5 min walk)

*Teas and refreshments available after the walk.*

FPS



## Monday 14 May

### Winterbourne Wander

3.5 miles

11am

Shops, Flaxpits Lane, Winterbourne, BS36 1JY

46, 202, 82, 626, X46 (5 min walk)

*A walk through fields, bridle paths and tracks. May be cattle in fields so no dogs please.*

T



## Friday 18 May

### Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park, Alveston Hill, BS35 3JB

77, 78, 79, 622

FPS



## Monday 21 May

### Lockleaze to St Werburghs

3.25 miles

11am

The top of Lindsay Road, Lockleaze. If small car park is full, park on road.

*Taking in the city farm and eco houses and other points of interest.*

FC



## Tuesday 22 May

### Monks Pool

3.5 miles

10.30am

The Swan, Winterbourne BS36 1RW - Park in Nicholls Lane if not using pub.

X46, 82, 626

*Delightful riverside Nature Reserve, woods, fields and paths.*

SYD



## Friday 25 May

4 miles approx

10.30am

Westerleigh Village Hall, Shorthill Road, Westerleigh BS37 8QN

620

T



## Friday 25 May

### Oldbury on Severn

4 miles

11am

The Anchor Inn, Church Road, Oldbury on Severn, BS35 1QA

*Teas and refreshments available after the walk.*

FPS

## Monday 28 May

### NEW WALK Hambrook and Frenchay Wander

4.5 miles

11am

Park by Hambrook Primary School, Moorend Road, Whiteshill Common BS16 1SJ

*A circular walk from Hambrook to Frenchay Common along the Frome Valley walkway.*

SYD



## Friday 1 June

3.5 miles

10.30am

Rose and Crown, Parkfield Road, Pucklechurch BS16 9PS

**620 (10 min walk)**

T



## Friday 1 June

### Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL.

Parking available in pub car park.

**77, 78, 79, 622,**

*Teas and refreshments available after the walk.*

FPS



## Monday 4 June

### Almondsbury, Hortham and Rudgeway

4.2 miles

11am

The Swan Hotel, Gloucester Road, Almondsbury, BS32 4AA

**77, 78, 79**

*A circular walk using fields, lanes, woodland and a section of the A38.*

FC



## Wednesday 6 June

### Mayhill fields and lanes

3 miles

10.30am

Opposite Ginger Bread Man Café, Church Rd, Frampton Cotterell BS36 2JX - Park in Frampton End Road

**82, 46 & 202 (5 min walk)**

*Great rural walk via Mayhill hamlet*

T



## Friday 8 June

### Tytherington

4 miles

11am

The Swan Inn at Tytherington,  
Duck Street, GL12 8QB

**622**

*Teas and refreshments available after the walk.*

FPS



## Monday 11 June

### Blaise to Kingsweston

3.5 miles

11am

Main car park off Kings Weston Road,  
Lawrence Weston, BS10 7QS

**3, 4,**

*An off road walk through Blaise Estate and around Kingsweston House.*

T



## Friday 15 June

### Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,  
Alveston Hill, BS35 3JB

**77, 78, 79, 622**

SYD



## Friday 15 June

3 - 4 miles

10.30am

The Codrington Arms, 261 North Road,  
Yate BS37 7LG

**622, X46 (5 min walk)**

FPS



## Saturday 16 June

### Battery Point to Portishead Marina

3.5 miles

11am

Meet outside Portishead Open Air Pool.  
Parking available along the sea front  
and by the pool.

**X5 from Cribbs Causeway**

*Circular walk with lots of steps and steep sections. Lovely views of the Bristol channel. Walk to the marina, have some free time to look around and for refreshments before returning.*

FPS



## Monday 18 June

### Abbey Wood

3 miles

11am

Filton Leisure Centre, Elm Park, BS34 7PS

**10, 75**

*A flat circular walk to the MoD and back via Splatts Abbey.*



---

**FC**

## Tuesday 19 June

### Bitterwell Lake and Fields

**3.75 miles****10.30am**

Miners Village Hall, Badminton Road, Coalpit Heath BS36 2QB - park on right in carpark - or side road if not using hall.

** 46, 47, X47, 86, 202 (5 min walk)**

*Beautiful rural walk and relics of Ram Hill Colliery.*

---

**T**

## Friday 22 June

### Littleton-on-Severn

**4 miles****11am**

Outside The White Hart PH, The Village, Littleton-on-Severn, BS35 1NR

*Teas and refreshments available after the walk.*

---

**SYD**

## Friday 22 June

**3 - 4 miles****10.30am**

Chipping Sodbury RFC, The Ridings, Wickwar Road, BS37 6BQ

** 47, X47, 84, 85, 202, (5 min walk)**

---

**FPS**

## Monday 25 June

### Winterbourne Woodland Walk

**4 miles****11am**

Shops, Flaxpit Lane, Winterbourne, BS36 1JY

** 46, 202**

*A walk through Winterbourne and its woods. Incorporating quiet roads, footpaths and fields. Numerous stiles to negotiate.*

---

**T**

## Friday 29 June

### Old Down

**4 miles****11am**

Old Down Cricket Club, Olveston Sports and Social Club, Alveston Road, Old Down BS32 4PF

** 622**